



Covenant Connections

Covenant Health News and Community Events

Navigating the Way Helping patients through their cancer journey

Resourceful. Medical Liaison. Support System. Friend. Superhero. These are all words used to describe a nurse navigator, or a healthcare professional specially trained to help patients who are facing complex health issues such as a cancer diagnosis.

Covenant Health's Thompson Cancer Survival Center offers patients helping hands, listening ears and caring hearts through its nurse navigator program. The nurse navigators help patients understand their diagnosis and treatment options, provide education, and assist in coordinating patient care. They help communicate information from the medical team so that patients understand tests and procedures. Nurse navigators can help manage side effects of treatment, offer emotional support to the patient and encouragement to the caregiver, and assist with concerns related to finances, transportation and other aspects of receiving medical care.

A Helping Hand

Lucy Davis has been a nurse for four years and a nurse navigator at Thompson Cancer Survival Center since March 2018. She is one of six nurse navigators at the center's downtown location and has 70 to 80 patients assigned to her at any given moment. The Thompson Cancer Survival Center Foundation funds the majority of the 13 nurse navigator positions throughout the Covenant Health system.

Davis recalls watching her two grandparents go through cancer and remembers them talking fondly about their nurses and the care they received during a vulnerable time. She says their experiences made her want to become a nurse. When Davis entered nursing



Nurse Navigator Lucy Davis helps patients through their cancer journey at the Thompson Cancer Survival Center.

school and performed a clinical rotation in oncology, she knew it's what she wanted to do.

"Nurse navigation can be crucial when patients have more than one doctor," said Davis. "Between their medical oncologist, radiation oncologist and surgeon, we coordinate between offices, take notes during appointments, and make sure their procedures and follow-up appointments get on their calendars," she says.

"I like to build relationships with my patients," she says. "To support them and empower them through their cancer journey is the most rewarding part of my job." For example, Davis tells her patients they can always call her, even if it's just to have someone to talk to.

"It's important for us to get them through treatment and keep them encouraged so they don't give up; to make sure they

understand why they're receiving their treatments so they can get back to their lives and have best chance of survival."

Caring Support When It's Needed Most

Knoxville resident Rosetta Carter did not know what to do when she was diagnosed with cancer. Carter says she became frozen with fear upon hearing the word "cancer," and her first thoughts were of her 15-year-old twin sons. Because she lost her mother to cancer as a young girl, she did not want her sons to go through the same suffering she endured as a child.

Carter was referred to Thompson Cancer Survival Center in 2018 where she received chemotherapy and radiation for non-Hodgkin lymphoma. The multi-disciplinary medical team that oversaw her treatment plan included Davis as Carter's nurse navigator from the onset, and Davis connected Carter with local resources to help meet her specific needs.

"At my first appointment, they introduced me to Miss Lucy. After the tests and the lab work, it was she who explained to me that what I had was curable. I was terrified, but she said, 'you can beat this.' She gave me loving and caring support when I needed it to help me overcome my battle. When I felt ready to give up, she told me to take just one step at a time."

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- Rosetta Carter

Davis arranged for Carter to have transportation to and from cancer treatments and appointments, helped her get wigs when she faced hair loss, and connected her with cancer support groups.

"Miss Lucy reminded me that I wasn't going through it alone. I couldn't have gotten through it without her help. When I had doubts, she had faith. Every time I went to treatment, she was there."

The words Carter would use to describe Davis are: "Life-saver, spirit-lifter, supporter. If you turn your fear into faith, this battle is not fought alone. The Lord will get you through it."



Welcome, New Physician

Stephen Myers, MD

Hematology and Oncology

Thompson Oncology Group

Fort Sanders Regional Medical Center

For appointments or information about physicians affiliated with Covenant Health, call 865-541-4500.

Annual Race Against Cancer to be Held Nov. 10 at World's Fair Park

Registration from 12 - 2:30 p.m.

5K Walk/Run at 3 p.m.

The Race Against Cancer is coordinated by the Thompson Cancer Survival Center Foundation. All race proceeds are used to fight cancer locally, and by focusing on prevention, early detection and education, we're saving lives. To learn more about the Race Against Cancer or to register or volunteer, visit www.raceagainstcancer.org. If you would like to know more about the work of the Thompson Cancer Survival Center Foundation or about making a contribution, please call (865) 531-5210.



COME RUN WITH US!

THOMPSON CANCER SURVIVAL CENTER'S



Sunday, November 10
WORLD'S FAIR PARK | KNOXVILLE, TN

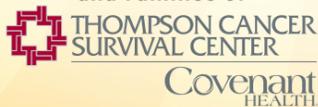
RaceAgainstCancer.org

Register Today!



Since its inception 25 years ago, the race has raised more than \$7.3 million for cancer education and care in East Tennessee. Thanks to Race Against Cancer supporters and participants, thousands of medically under-served individuals have received life-saving screenings and information each year. Most importantly, proceeds raised by the race go to fight cancer within our local community.

Benefiting the Patients and Families of



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